



Shree Jagadguru Moorusavirmath Vidyavardhak Sangha's
ARTS & COMMERCE COLLEGE FOR WOMEN
Jayachamaraj Nagar, Hubballi-580 020

BEST PRACTICES-2019-20

7.2 Best Practices

1. TITLE OF THE PRACTICE: COUNSELING TO STUDENTS

Counseling to students

The globalized scenario has definitely influenced the young minds. The students are under stress to perform better. They are expected to be competitive to find a suitable employment for a comfortable living. Too much of expectations, changes in the family, westernization etc. have led to confusion and problems of the students. So our Institution has an active counseling cell where the counselors provide all guidance and assistance to the students to face the challenges of life.

Counseling is adopted as a best practice to help the students realize their potentialities and make choice, adjustment, and improvement and develop a positive outlook.

GOAL

The mission of the college is to foster knowledge. Counseling is regarded as the source of help for students with problems and crisis. It can have preventive as well as a remedial function. It is a great source of help to students who belong to different social spectrums. The trained counselors of our college provide assistance, advice and guidance to students about their personal as well as academic aspects. The faculty of our Institution counsel students with problems and cater to their needs to make them empowered. Counseling is carried out to enable our students

- To overcome lack of self confidence.
- To overcome depression and inferiority complex.
- To overcome problems related to personal and family life.
- To guide them to fulfill their needs and aspirations.
- To overcome problems related to adolescence.

- To inculcate right values.
- To overcome academic problems.
- To overcome stress.
- To develop a proper attitude for social life.
- To realize the need for sound mental and physical health to reach their goals.

CONTEXT

The counseling cell takes care to implement the practice of counseling at regular intervals. The counselors assist the students to understand and resolve their emotional problems like fear, anxiety, jealousy, frustration, nervousness, stress, etc. The challenging issue of the counselor is to see that the counselee is ready to change herself for betterment of her life. Our college being a women's college, has many young girls facing diverse problems. Some of our students are orphans, physically challenged, students who are married and having problems, students who are married and have discontinued their studies. Some parents have a traditional outlook and don't encourage their daughters to take up higher education. But their wards very much want to continue their studies. Such parents are called and counseled. The institution also took keen interest in counseling the adopted school students to check their academic performance.

THE PRACTICE

Counseling is carried out in a systematic manner keeping in mind that our students differ in their abilities, interests, aptitudes, attitudes etc. The organized counseling helps the students overcome their problems. The mechanism followed to carry out counseling is as follows:

- **Collection of data:-**The data of the students is obtained in the structured format to identify the problems. A format where in all problems are listed is given to students and are asked to mark their problems. The counselors also collect data through interaction with other faculty and peers.
- **Problem identification:** - The counselors go through the formats of the students, list out and identify the problems. Constant observation of students by the counselors helps them to notice the signs and symptoms of various problems. Behavior, postures and body language also enable in identifying the problems.
- **Strategies:-** Once the problems are identified, the counselors make use of different and suitable strategies to help the counsees to overcome their problems. The counselors

have many sittings with the counselee. Each student with the problem is counseled at a time.

- The lab has questionnaires such as Personality, Intelligence, Achievement, Aptitude and Adjustment Questionnaires, some of them are Cyclophyme-Schizothyme, Bells Adjustment, Inventory, Study Habit and Eysenck Personality Questionnaire to assess the area of problems of the students.
- A separate room is necessary for conducting counseling. The Institution has a psychology lab for counseling students. The counselors also counsel the parents of such students on need based.
- Severe cases, if any, are referred for further consultation to practicing psychiatrist.

EVIDENCE OF SUCCESS

- **Counseling the High School Students**

Department of Psychology and Counseling Cell conducted Study Habit Inventory for 9th std students on 03-01-2020 to know the study habits of the students and further 16 students were recognized with poor study habits and the faculty of department of psychology started counseling the students with poor study habits on every Saturday from 08/02 2020.

The counseling cell of our Institution has succeeded in its mission of counseling students having various problems helping them overcome their problems. Following are the evidences.

- Six students were worried about her bad performance in the exam due to poor study habits, lack of concentration and parent's pressure. They were regularly counseled and easy learning methods were suggested to help them study well. This helped them to overcome retroactive and proactive inhibitions.
- Two students were having disturbed family relationship due to father's bad habits (Alcoholic). This student had a bad academic performance. They were counseled and guided to adjust to the family environment.
- A single parent student having family problem with her mother. The mother had left the family when she was small and was into some bad community. Now the girl is adolescent and quite young the mother come near the school and disturb the child. This was noticed by the father and grandparents and warned her not to talk with her mother. So the girl was

disturbed and her academic performance became low. The counselor counseled and guided her gave moral support to face the people and to overcome the fear.

- Three students have the poor academic problems due to poor economical condition they were guided and counseled to concentrate more in studies. So that they can take up good job and help the family.
- Four students having problem with learning problems and poor memory power. They were guided to study in Trial error method and Recitation method to improve the memory power.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

Peer teaching as a practice is beneficial no doubt, but Institution has encountered some problems while implementing it as a best practice. Some of the problems encountered are as follows

- **Selection of peers is very difficult:** The greatest challenge is in selecting the peers. The students belong to different social and economical background. Most of them are from rural background and introvert and hesitant to come forward as peer tutors.
- **Lack of writing skills:** Many students lack writing skills. Though they are good at communication and presentation skills, they are unable to explain the subject matter in written form.
- **Initial hesitation:** Students of Arts and Commerce are shy in nature and hesitate to undertake any new challenging task. Basically, they hail from traditional and socially backward families. They do not have nature of socializing; hence, they are hesitant to be peer teachers.
 1. **Lack of general reading:** Reading habit is also most important because it increases the horizon of the knowledge of a person. A well read peer can deliver the subject with the full confidence .But the students are ignorant of important aspects such as national integrity, social responsibility, civic awareness, and overall personality development due to their lack of reading general books.
 2. **Few students come forward for peer teaching voluntarily:** Though the process of selection, training and motivation is made by the faculty, efforts become futile since very few students come forward to opt peer teaching.
 3. **Lack of computer knowledge:** In addition to the traditional chalk and talk method the peer teacher has to adopt modern methods i.e. ICT based teaching methods, which need computer knowledge. However, for the rural background students' knowledge of

computer has become nightmare. Our Institution is making earnest efforts to acquire the required knowledge by extra computer coaching in their free time.

4. **Lack of computer knowledge:** In addition to the traditional chalk and talk method the peer teacher has to adopt modern methods i.e. ICT based teaching methods, which need computer knowledge. However, for the rural background students' knowledge of computer has become nightmare. Our Institution is making earnest efforts to acquire the required knowledge by extra computer coaching in their free time.

5. **Majority of students from rural background:** Hubballi is the second biggest city in Karnataka state and it is surrounded by villages. Ours is the reputed and one of the oldest Institutions in northern Karnataka. Majority of our students are hailing from villages, which lack knowledge, courage to speak in English, lack reading habits, and majority of them are first generation graduate learners in their family. It is also a major hurdle in peer teaching process.

6. **Lack of self confidence:** Self confidence is one of the basic ingredients for the teacher. The students are not confident enough to teach their peers. They are timid.

7. **Lack of exposure to teach their junior:** Exposure to worldly developments in various spheres is also important to be a teacher. A teacher has to educate the students with the live examples in the class. They have to make students aware about the current knowledge by giving "Lab to Land" examples. For this the peers need to know and acquire worldly knowledge and exposure.

8. **Not able to prepare synopsis:** Making notes and briefing them in the class in a convincing manner is not an easy task. This needs the earnest and continuous involvement of a teacher. The peer teacher has to make efforts and spare much time in understanding the subject, preparing class notes and briefing them in the class. The peers cannot spend much time for preparation due to other classes.

9. **Inferiority complex:** Most of the problems arise due to inferiority complex. Majority of students are from rural area and basically from Kannada medium, and when they meet with English medium students, naturally they feel inferior to them. Though, the faculty Counsels them to overcome their inferiority complex, they continue to think that they are inferior. Hence, correcting this misconception is the greatest challenge in peer teaching process.

10. **Problem of mode of controlling and delivery of subject in the class:** Peer teacher has to control the class otherwise she can't deliver or communicate the subject and make the students understand. Here, at the beginning the faculty will guide the peers in this regard and also students will be asked to encourage the peers in their role. Some efforts also necessary from the peers to become successful peers.

11. **Inculcating the competitive behavior among the students:** It is the responsibility of the peer teacher to encourage and appreciate a small improvement made by every students in the class, which indirectly motivates the students to do something new which is worth appreciation. With this they start feeling they are also able to achieve in various Competitions conducted in the college, through this exercise they develop preparation for competitive examinations in their life ahead. The above stated problems encountered are resolved in implementing of students peer teaching as a best practice in our college. It has been proved by the evidences given above

The Institution has all the required physical resources, human resources and library resources to conduct peer teaching. The students have access to ICT based teaching learning resources. All labs, such as, Psychology lab, Language lab, Computer lab, Commerce lab and Music lab provide the peer tutors all the necessary aid and assistance to prepare the given topic and other relevant information before hand. All the required resources for student's peer teaching are available in the college.

2. TITLE OF THE PRACTICE: FINANCIAL AID TO DESERVING STUDENTS.

OBJECTIVES OF THE PRACTICE:

It has been obtained from the profile students joining various courses of the college that there are many students coming from the rural areas with poor economic back ground. Their parents are unable to provide them a sustained financial support because of agriculture is uncertain of source of income. So, the noble objectives of the practice are as follows;

- To extend financial aid to the poor students, especially from the rural, to save them from discontinuation of their studies owing to poverty.
- To support financially all the deserving poor students without any discrimination of caste, creed or gender.

- To promote the 'equality' among the students
- The expected outcome is that the students should be able to complete their degrees with good marks.

THE CONTEXT

The Institution has decided to provide the fee concession who has needy and facing the financial problem, and also who scored more percentage in the exam. The institution has provided the financial aid from the Alumina Association to the poor students.

THE PRACTICE

In a situation of such poverty, whatever meager resources available are used primarily to make both ends meet. So, sending their children to the town for higher education becomes almost impossibility for the poor parents in the rural areas, in the context of higher education demanding higher amounts of money. Though, sometimes, they do venture to admit their children to colleges in the town, they are unable to give sustained financial support throughout the course of study because agriculture, being a gamble with rain in the district, is not a source of assured income.

Hence, it is evident that without financial support from an external source, the rural youth cannot hope to successfully complete their higher studies.

This illustrious institution, true to its legacy of pro-poor-student attitude since its inception, has taken a firm resolve to extend all possible financial support to the deserving students and help them to realize their fond dream of acquiring higher education.

For this, the college collected alumina association fund from the passed out students which is contributed to pay admission fees of economically backward students. Financial support is extended to all the deserving poor students without any discrimination of caste, creed or gender. A duly constituted committee of the college scrutinizes the applications received from the aspirants for the aid. The institution is not only providing the fees concession to the economically backward students but also to Sports achievers, highest scorer in the semester etc.

EVIDENCE OF SUCCESS: To cite one of the many success stories of the noble practice, the college fee of Miss. Kaveri Tahasildar student of B.A during 2019-20 Batch, Innovation and Best Practices SJMVS Arts and Commerce Degree College for women was paid amounting to

Rs. 2000/- for two years... and Many students have got the fees concession due to poor economic background, Sports concession etc.

The above are only a few illustration cases mentioned to drive home the point. The following is the list of such students, who emerged as beneficiaries of the scheme

Sl.no	Name of the Student	Course	Period of	Amount
1	Ms.Kaveri Tahasildar	B.A	2019-2020	2000
2	Ms.Mamata Mahaveer Nasipudi	B.A	2019-2020	2000
3	Ms.Preeti Talikoti	B.com	2019-2020	2000
4	Ms.Sahar Jenifer	B.com	2019-2020	5000
5	Ms.Bheemambika Billar	B.com	2019-2020	2500
6	Ms.Sunita Gaikwad	B.com	2019-2020	1500
7	Ms.Sandhya Godake	B.A	2019-2020	2000
8	Ms.Poornima Hiremath	B.A	2019-2020	2000

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

The institution has faced some problems while implementing the best practice of Financial Aid to deserving student.

- 1) There is N number of the students who required the financial aid.

COUNSELING REPORT – 2019-20

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